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Olympic Wushu and the 1st Taolu

Wushu in the Olympics

- Wushu is a Chinese martial art that has been showcased at various multi-sport events, including the Youth Olympic Games and as a demonstration sport at the 2008 Beijing Olympics, but it is not yet an official Olympic sport[1].
- Wushu competitions are divided into two main categories: *taolu* (routines) and *sanda* (sparring).

What is Taolu?

- *Taolu* refers to choreographed routines that showcase a series of martial techniques, including stances, kicks, jumps, sweeps, balances, and weapon skills, performed either barehanded or with weapons[2].
- Routines are judged based on movement quality, performance, and degree of difficulty[2].

1st Taolu in Major Competitions

- The first official world-level taolu competition was at the 1st World Wushu Championships (WWC) in 1991, Beijing[3].
- The initial taolu events included: changquan (long fist), daoshu (broadsword), jianshu (straight sword), gunshu (staff), qiangshu (spear), nanquan (southern fist), and taijiquan (tai chi form)[3].
- These routines formed the foundation for modern sport wushu taolu events.

Summary Table: 1st Taolu Events at 1991 WWC

Event	Description
Changquan	Long fist, dynamic movements
Daoshu	Broadsword routine
Jianshu	Straight sword routine
Gunshu	Staff routine
Qiangshu	Spear routine
Nanquan	Southern fist style
Taijiquan	Tai chi routine

If you want to know more about a specific taolu routine or its rules, feel free to ask!

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How to Do Olympic Wushu Changquan: Step-by-Step Basics

Changquan (Long Fist) is a foundational wushu routine known for its large, extended, and circular movements, emphasizing speed, power, flexibility, and coordination[4] [5]. Here are step-by-step basics to get you started:

1. Learn the Key Stances

- *Ma Bu* (Horse Stance): Feet wider than shoulder-width, knees bent, back straight.
- *Gong Bu* (Bow Stance): One leg bent forward, the other straight back, hips square.
- *Xu Bu* (Empty/Cat Stance): Front foot lightly touches the ground, most weight on the back leg.
- *Pu Bu* (Crouching Stance): One leg bent deep, the other extended to the side.
- *Jin Ji Du Li* (Golden Rooster): Stand on one leg, the other knee raised[4].

2. Master Basic Hand Techniques

- *Punching (Chong Quan)*: Pull one fist to your waist, punch forward with the other, rotating your hips for power.
- *Cutting Fist (Pi Quan)*: Chop downward with the edge of your fist, using your hips to drive the motion.
- *Hammer Fist (Za Quan)*: Swing your fist down like a hammer, again using hip rotation[6].

3. Combine Steps and Movements

- Start from a neutral stance, step into *Ma Bu*.
- Transition to *Gong Bu* while punching forward.
- Shift weight and step into *Xu Bu*, then *Pu Bu* for low, sweeping movements.
- Incorporate high kicks and jumps, maintaining balance and control.
- Always use your hips to generate power and keep movements fluid and fast[6].

4. Practice Flexibility and Speed

- Changquan routines require high flexibility, especially for kicks and jumps.
- Movements should be crisp, powerful, and connected smoothly.

5. Focus on Key Principles

- Use large, extended arm and leg motions.
- Maintain correct posture and strong stances.
- Coordinate breathing with movement.

> “The movement must look flexible but also powerful and fast at the same time...using your hip is super important.”[6]

If you’d like a video demonstration or more advanced moves (like jumps and spins), let me know!

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1. https://www.olympics.com/en/sports/wushu/
2. https://www.iwuf.org/en/sport-wushu/competitive-wushu/taolu/
3. https://en.wikipedia.org/wiki/World_Wushu_Championships
4. https://en.wikipedia.org/wiki/Changquan
5. http://www.wushu-olympics.com/wushu.html
6. https://www.youtube.com/watch?v=2evvfH0zsF8